

General/Health Related Fitness and Specific Sports

Component of Health Related Fitness	Gymnastics	Long Distance Running	Hockey
Stamina / Endurance/ Cardiovascular Fitness	Routines are short and power based	When running the heart and blood vessels have to work very hard to get enough oxygen pumped around the body for it to sustain the level of exercise and get rid of the carbon dioxide being produced Stamina is vital!	
Muscular Endurance	Within different disciplines like the rings, pommel horse, uneven bars etc. the contractions are repeated many times or held statically. Muscular endurance is vital	Muscular endurance is a crucial element of fitness for athletes such as distance runners as their leg muscles repeat contractions thousands of times. Also very important for team sports for the same reason.	
Strength	Gymnasts require huge power. As power is a combination of speed and strength. The gymnast also requires great strength	Marathon runners do not require much strength or power.	Strength is required because it is a combination of this and speed that will provide the players with the vital aspect of power
Flexibility / Suppleness	You have to be flexible to be successful in gymnastics for 3 reasons <ul style="list-style-type: none"> • There are some skills that the gymnast just won't be able to do if s/he is not flexible enough • There are some ways to learn skills that can only be done if the gymnast is flexible • There are many skills that only look good if you are flexible • Gymnasts need to be flexible all over 	In these two areas of activity flexibility is only needed in certain joints Hip flexibility is needed in running and hockey because there has to be mobility of joints, elasticity of tendons and ligaments, and relaxation of muscles in order to be able to perform at maximum level e.g. changing pace	
Body Composition	Gymnasts need to be slim and carry very little fat compared to muscle and bone in order for them to perform at their maximum level	Long distance runners and hockey players need to be lean so that oxygen can get to the vital organs and muscles and get rid of carbon dioxide effectively. If they have too much fat or excess weight there will be a strain on their vital organs	